



**March & April 2015**



# Therapeutic Programming For Individuals with Special Needs

## Pump it Up Fitness

**Location:** Norman Park Center  
270 F Street

**#4105.291** Mondays, 3:30-5:00pm  
March 9, 16, 23, 30  
April 6, 13



**Ages: 15+**

**\$27.00 Resident \$33.00 Non-Resident**

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

**Instructor: Rec Staff**

## Learn To Swim

**Location:** Parkway Pool  
385 Park Way

**#7104.293** Tuesdays, 4:30-5:30pm  
March 10, 17, 24 (3/31 Cesar Chavez Holiday)  
April 7, 14, 21



**Ages: 12+**

**\$27.00 Resident \$33.00 Non-Resident**

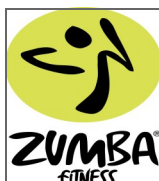
Learn to swim with our aquatics instructors! You must be water safe & be able to stand independently in 3-4ft water. Learn swim techniques and water safety skills. Designed for individuals with developmental disabilities. **MUST BE INDEPENDENT IN WATER!**

**Instructor: Aquatic Staff**

## Zumba

**Location:** Norman Park Center  
270 F Street

**#4300.291** Wednesdays, 6:00-7:00pm  
March 11, 18, 25  
April 1, 8, 15



**Ages: 5+**

**\$27.00 Resident \$33.00 Non-Resident**

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines are aerobic. Come have fun and go at your own pace. Designed for those with developmental disabilities.

**Instructor: Rec Staff**

## Move and Groove Dance

**Location:** Heritage Community Center  
1381 E. Palomar Street

**#4206.291** Thursdays, 5:30-6:20pm  
March 12, 19, 26  
April 2, 9, 16



**Ages: 5+**

**\$27.00 Resident \$33.00 Non-Resident**

Come get your groove on! This class will offer a variety of dance moves including line dances and hip hop. Designed for individuals with developmental disabilities. Dance to all your favorites: Katy Perry, Justin Timberlake, Iggy, etc.

**Instructor: Rec Staff**

## Fun & Fit Boot Camp

**Location:** Heritage Community Center  
1381 E. Palomar Street

**#1105.294** Thursdays, 4:30-5:30pm  
March 12, 19, 26  
April 2, 9, 16



**Ages: 5+**

**\$27.00 Resident \$33.00 Non-Resident**

Join us for our version of Boot Camp. This class is designed to build strength and fitness through a variety of intense group intervals in a functional manner! Designed for those with developmental disabilities.

**Instructor: Rec Staff**

## **Hoop it Up Basketball**

**Location:** Heritage Community Center  
1381 E. Palomar Street

**#4202.292** Fridays, 4:15-5:05pm  
March 13, 20, 27  
April 3, 10, 17



**Ages: 5+**

**\$27.00 Resident**

**\$33.00 Non-Resident**

This class concentrates on the fundamentals of basketball basics, hand-eye coordination and body strengthening. This class is for those with little or no basketball background. Designed for those with developmental disabilities.

**Instructor: Rec Staff**

## **St Patty's Day**



## **Potluck Picnic**

**Location:** Heritage Park & Community Center  
1381 E. Palomar Street

**#9902.293** March 28th, 1:00-3:00pm

**Cost: FREE!!**

**(Must register by Friday, March 13th)**

Join us for a day in the park with our Therapeutic families & Staff. We will be having a picnic outside, please bring an appetizer to share. Call Heritage if you would like ideas on what to bring.

~ Games ~ Crafts ~ Fun ~

**We look forward to seeing everyone there! Register Now!**



## **Parent's Night Out**

**Location:** Parkway Community Center  
373 Park Way

**#9904.293** April 11th, 6:00-8:00pm

**Cost: FREE!!**

**(Must register by Friday, April 3rd)**



Parent's take a night to yourself and participants can hang with us for some Spring Fling Fun! It will be an evening of music, games and crafts.

Refreshments will be served, come meet a new friend or win a great raffle prize!! **Register Now!**

**\*Please register for our Classes & Events in advance at any recreation facility or on our Recreation website:**

**[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)**

**Please call Heritage if you need any help with online registration.**

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, [cwilson@chulavistaca.gov](mailto:cwilson@chulavistaca.gov) (619) 421-7032  
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

The Chula Vista Elementary School District and the Sweetwater Union High School District neither sponsors nor endorses this information, activity, or organizations. Distribution of this material is provided by the district as a community service. Any questions or comments should be directed to the sponsoring agency.